

Safe Sleep Checklist:

- ☐ Does your baby sleep and nap in a crib, portable crib or bassinet approved by the Consumer Product Safety Commission?
- ☐ Does it have a firm, tight fitting mattress?
- ☐ Does it have tight fitting sheets?
- ☐ Did you take out all soft things like pillows, blankets, comforters, stuffed animals?



Is Your Crib Safe?

A safe crib has:

- A firm, tight-fitting mattress.
- No loose, missing, or broken hardware or slats.
- No more than 2 3/8" between the slats (width of a soda can).
- No corner posts over 1/16" high.
- No cutout designs in the headboard or footboard.

If you are unsure of the safety of your crib, call CPSC at 1-800-638-2772. Unsafe cribs should be destroyed.

Tummy Time

Always put baby to sleep in a safe place. When babies are awake, they need tummy time but always and only if someone is with the baby and watching.

If baby falls asleep on the tummy, place him or her on the back in a safe place.



Tomorrow's Child

Michigan SIDS

WHERE HOPE SHINES ON.

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Safe Sleep for your Baby



Protect Your Baby's Life.



1 Baby sleeps in crib.

2 Baby sleeps on back.

3 Nothing in sleep area.

4 Baby's face uncovered.

5 No smoking around baby. 

6 Do not overheat or overdress.

7 Firm mattress, tight-fitting sheet.

WARNING!

Babies are dying because they are put to sleep in places that are not safe. Babies always need a safe sleep place.

Parents whose babies have died want other parents to know:

- Babies are not safe sleeping on a couch, pillow or anything soft.
- Babies are not safe sleeping with other children, adults or pets.
- Adult beds are not safe for babies. If you feed your baby in bed, put your baby back into his/her crib to sleep.

Safe Sleep Steps

- 1** Baby sleeps by him or herself in a crib, portable crib or bassinet.
- 2** Always put baby to sleep on his or her back even when he can roll over.
- 3** Nothing in sleep area. No pillows, blankets, comforters, stuffed animals or other soft things.
- 4** Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
- 5** Don't allow anyone to smoke anything around baby.
- 6** Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
- 7** Use a firm mattress with a tightly fitted sheet.

Make sure whoever takes care of your baby has a crib or portable crib for your baby to sleep. Talk to grandparents, babysitters, child care, neighbors and anyone who cares for your baby about the safest way for your baby to sleep.